

Your AI-Generated Schedule

Abiodun Marquis' Fall 2025 Schedule: School & Soccer Training

This schedule incorporates Abiodun's Fall 2025 class timetable and adds a soccer training regimen, including daily ball work sessions (except Tuesday). Adjust durations as needed to fit Abiodun's energy levels and recovery needs.

Monday

Time	Task	Duration	Notes
-----	-----	-----	-----
3:00 PM - 3:30 PM	Travel to Training Facility	30 mins	
3:30 PM - 4:00 PM	Ball Work Session: Dribbling, Passing, etc.	30 mins	Focus on technique & skill development
4:00 PM - 4:30 PM	Ball Work Session: Shooting Practice	30 mins	Accuracy and power shots
4:30 PM - 5:00 PM	Ball Work Session: Free Play / Scrimmage	30 mins	Game-like scenarios, apply skills learned
5:00 PM - 5:30 PM	Travel Home	30 mins	
5:30 PM - 6:00 PM	Dinner	30 mins	
6:00 PM onwards	Free Time / Homework	Variable	

Tuesday

Time	Task	Duration	Notes
-----	-----	-----	-----
3:00 PM - 3:30 PM	Travel to Gym	30 mins	
3:30 PM - 6:30 PM	Full-Body Gym Workout (see detailed plan above)	3 hrs	Focus on strength and power
6:30 PM - 7:00 PM	Travel Home	30 mins	
7:00 PM onwards	Free Time / Homework / Rest	Variable	

****Wednesday****

Time	Task	Duration	Notes
-----	-----	-----	-----

3:00 PM - 3:30 PM	Travel to Training Facility	30 mins	
3:30 PM - 4:00 PM	Ball Work Session: Heading Practice	30 mins	
	Technique and power		
4:00 PM - 4:30 PM	Ball Work Session: 1v1 Dribbling/Defending	30 mins	
	Improve agility and defensive skills		
4:30 PM - 5:00 PM	Ball Work Session: Set Pieces (Free Kicks, Corners)	30 mins	
	Strategy and execution		
5:00 PM - 5:30 PM	Travel Home	30 mins	
5:30 PM - 6:00 PM	Dinner	30 mins	
6:00 PM onwards	Free Time / Homework	Variable	

****Thursday****

Time	Task	Duration	Notes
-----	-----	-----	-----

3:00 PM - 3:30 PM	Travel to Training Facility	30 mins	
3:30 PM - 4:00 PM	Ball Work Session: Passing Accuracy Drills	30 mins	Short
	and long passing practice		
4:00 PM - 4:30 PM	Ball Work Session: Throw-ins and Goal Kicks	30 mins	
	Technique and accuracy		
4:30 PM - 5:00 PM	Ball Work Session: Small-sided Games	30 mins	Game
	situation application		
5:00 PM - 5:30 PM	Travel Home	30 mins	
5:30 PM - 6:00 PM	Dinner	30 mins	
6:00 PM onwards	Free Time / Homework	Variable	

****Friday****

Time	Task	Duration	Notes
-----	-----	-----	-----

3:00 PM - 3:30 PM Travel to Training Facility	30 mins	
3:30 PM - 4:00 PM Ball Work Session: Juggling, Footwork Drills	30 mins	Ball control, agility
4:00 PM - 4:30 PM Ball Work Session: Volleys & Half-Volleys	30 mins	Technique and power
4:30 PM - 5:00 PM Ball Work Session: Finishing Practice	30 mins	Different shooting techniques
5:00 PM - 5:30 PM Travel Home	30 mins	
5:30 PM - 6:00 PM Dinner	30 mins	
6:00 PM onwards Free Time / Homework	Variable	

****Weekend:**** Rest, recovery, and light activity as needed. Consider additional optional training sessions if desired and energy levels allow. Remember to prioritize sleep and nutrition for optimal recovery and performance.